State Homes for the Poor.

See page 182.

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A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

VOL. XIV.—No. 350. FRIDAY, DECEMBER 20, 1889. [PRICE TWOPENCE.

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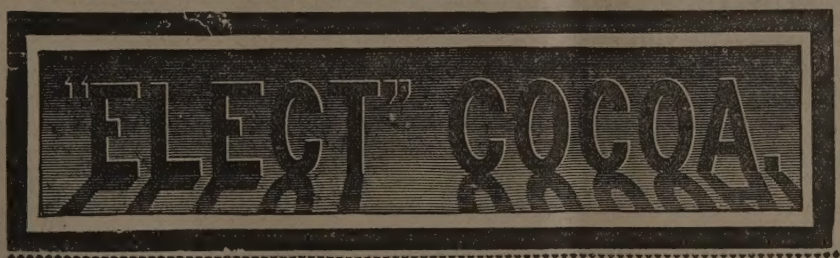

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HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, DECEMBER* 20, 1889.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

I OBSERVE that a contributor to a medical journal states that in the medical journals for the last ten years there are reported 120 (if not more) cases of death under chloroform. Many of these are very imperfectly described, but in at least forty-nine cases the patients were in good general health at the time of administration, and required an anæsthetic merely for the performance of some minor operation; *e.g.*, extraction of teeth (eleven cases of death), reduction of dislocations (nine cases), eye operations, fistulæ, and so on. In some fifty-nine cases death occurred before the commencement of the operation, and so was clearly due to the chloroform alone. In about twenty of the cases it is noted that chloroform had been successfully given on previous occasions, in one as many as eight different times before the fatal administration.

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IT is evident from the foregoing that chloroform is uncertain in its action; that not only do people die while under chloroform, but also from it; frequently, too, even when it is used by skilful hands. Of course, it is possible to retort that "it was not properly given," which may be correct. This will not alter the fact that these accidents prove chloroform to be a powerful agent, very difficult to administer properly; indeed, so difficult and dangerous that it is scarcely suitable for a routine anæsthetic, when a drug less powerful for evil can replace it. The nauseous flavour and the sense of suffocation from ether can be entirely done away with by the use of nitrous oxide, and its inhalation made more agreeable than even that of chloroform, while the patient quickly becomes unconscious without the struggling so common with chloroform. The writer goes on to say, "I have not yet found a single patient who has once inhaled ether preceded by nitrous oxide complain of suffocation, or object to take it again on the ground of its unpleasantness. The readiness with which chloroform affects the heart, the smallness of a fatal dose, and especially the ease and suddenness with which such a dose can be inhaled, almost by a couple of deep inspirations, will make its safe exhibition always a difficult task to invariably accomplish. Having had many years' experience," adds the writer, "I have gradually come to believe chloroform to be a less safe anæsthetic than ether."

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AT a recent meeting of the Academy of Medicine, Dr. Nicaise read a note on the necessity for a person, whether sick or not, breathing pure air in his bedroom, day and night; and this applies more particularly to patients suffering from consumption, or other chronic affections. It was thought that by increasing the cubic space of a closed room this result would be obtained, but it has been found that the air always remains vitiated. To remedy this evil, Dr. Nicaise recommends permanent ventilation of the room by leaving the window ajar, and by other arrangements which will secure the object. A bedroom, he says, should never smell stuffy when opened in the morning, as is commonly the case, and if it be cold a fire should be kept up in the room, which would contribute materially to the ventilation.

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THE *Lancet* says that insomnia, or sleeplessness, is rightly regarded as one of the marks of an overwrought or worried nervous system, and conversely we may take it that sound sleep lasting for a reasonable period, say, from six to nine hours in the case of adults, is a fair test of nervous competence. Various accidental causes may temporarily interfere with sleep in the healthy; but still the rule holds good, and a normal brain reveals its condition by obedience to this daily rhythmic variation. Custom can do much to contract one's natural term of sleep, a fact of which we are constantly reminded in these days of high pressure; but the process is too artificial to be freely employed. Laborious days with scanty intervals of rest go far to secure all the needful conditions of insomnia. In alloting hours of sleep it is impossible to adopt any maxim or uniform custom.

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THE due allowance varies with the individual. Age, constitution, sex, fatigue, exercise, each has its share of influence. Young persons and hard workers naturally need and should have more sleep than those who neither grow nor labour. Women have by common consent been assigned a longer period of rest than men, and this arrangement, in the event of their doing hard work, is in strict accord with their generally lighter physical construction and recurrent infirmities. Absolute rule there is none, and it is of little moment to fix an exact average allowance provided the recurrence of sleep be regular and its amount sufficient for the needs of a given person, so that fatigue does not result in such nerve prostration and irritability as render healthy rest impossible.

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DR. IVAN A. MITROPOLSKY, of Moscow, warmly recommends, on the ground of his personal experience, the following simple method for preventing or aborting all symptoms of sea-sickness. As soon as giddiness, nausea, &c., appear, the author shuts his eyes, and begins to make deep and slow inspirations and expirations. In a few moments (sometimes after three or four respiratory cycles) the symptoms disappear, to yield to a comfortable subjective sensation. On their reappearance the same procedure is repeated again and again. If the recurrence be rather frequent, it is better to perform the procedure in a recumbent posture (with closed eyes). Since the time when the author began to practise the method, he has never yet suffered from vomiting when on board.

IN referring to this case in the London *Medical Recorder*, Dr. Idelson says that Dr. Mitropolsky seems to think that the means proposed by him is novel. Meanwhile, in the *British Medical Journal*, March, 24, 1888, p. 676, he will find a very interesting note by Dr. J. J. Leiser, in which the writer says (1) that sea-sickness is caused by irregular and imperfect respiration, leading, necessarily, to an inadequate aëration of the patient's blood, which consequently becomes poisonous to his brain and gives rise to sympathetic sickness; (2) that a system of regular, free breathing prevents sickness or rapidly relieves it; and (3) that his experiments were successfully repeated by Drs. G. C. Stockman and C. W. C. Prentice, who, having selected ten suffering passengers, each seated himself with five of them and "timed the breathing in the following manner: they (the doctors) raised the hand from the knee, indicating an inspiration, and down again for an expiration, thus timing the respirations to exactly twenty per minute. At the expiration of one hour the active symptoms in each case had entirely subsided." By this time the doctors had thoroughly educated their patients in the *modus operandi* of the cure. The cases continued to be permanent "cures" during the remainder of the voyage from Queenstown to the United States. The writers conclude by asserting that "the cure is infallible in all cases that persist in carrying it out."

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AN Indian contemporary narrates some curious instances of misapplied ingenuity on the part of certain habitual criminals in that country. The discovery on a prisoner of a heavy leaden bullet, about three-fourths of an inch in diameter, led to an inquiry into the object to which it was applied. It was ascertained that it served to bring about the formation of a pouch-like recess at the base of the epiglottis. The ball is allowed to slide down to the desired position, and it is retained there for about half an hour at a time. This operation is repeated many times daily until a pouch of the desired size results, in which criminals contrive to secrete jewels, money, &c., in such a way as to defy the most careful search, and without interfering in any way with speech or respiration.

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UPWARD of twenty prisoners at Calcutta were found to be provided with this pouch formation. The resources of the professional malingerer are exceeding varied, and testify to no small amount of cunning. The taking of internal irritants is very common, but would-be in-patients very frequently overshoot the mark and render recovery impossible. Castor-oil seeds, croton beans, and sundry other agents are employed with this object in view, and the medical officers of Indian prisons have to be continually on the look-out for artificially induced diseases which baffle diagnosis and resist treatment. Army surgeons are not altogether unfamiliar with these tricks, but the British soldier is a mere child in such matters compared with the artful Hindoos.

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DR. LOEBL reports the case of a man, aged fifty-four, who suffered for five days and nights from a most obstinate hiccough. After trying all the ordinary measures without avail, he fell back upon a household remedy as a last resort, and ordered a teaspoonful of pulverized sugar wet with an equal volume of wine vinegar to be taken at one dose. The hiccough stopped immediately, and did not return for six hours, and then ceased again upon a second dose of the remedy.

Original Essays

"Life is not to live, but to be well."—*Martial.*

STATE HOMES FOR THE POOR.

BY CHARLES E. MUSE.

THE question "Ought the State to provide healthy homes for the poor?" is one of the highest national importance. Until quite recently the English nation, boastful of its education, its civilization, and its Christianity, has regarded with utter indifference the fact of our fellow-creatures living, or rather existing, in dirty, unhealthy hovels such as are rightly deemed unfit for pigs. The State considers it her duty to look after the education of the children of the poorer classes, to levy a poor-rate on behalf of the destitute in every parish, to provide a "house" in every fair-sized town for the aged and infirm. I ask, therefore, why not provide also respectable healthy houses for the accommodation of those people who have large families and small earnings, but who strive to their utmost to gain a decent livelihood?

The principal argument against this is one of non-interference, namely, "that the State has gone as far as is safe in the matter." It has already made and passed Acts for dealing with the case, by which local authorities are empowered to compel all owners to put dwellings in proper repair and sanitary order, and to pull down all houses too far gone for repairs. Even this, it is said, is going further than prudence should permit. "What is required is a more rigid enforcement of the present law," is the argument of others.

It is always the case—whenever a little energetic action and common sense is required, there are plenty of people to be found who will twaddle on in this style, and at last trot out the old bogey, non-interference. The simple answer to their argument is, that the homes of the poor have benefited little, if at all, by these Acts of Parliament. The fact of the matter is, these Acts are under the management of town councillors, aldermen, and the rest of the middle-class functionaries, who, elected as they are, never for one moment consider that the health and well-being of the people constitute the real strength of a nation. The philanthropists in this direction, as in others, are so few, and of so small account in comparison to the work to be done, that the overcrowding and insanitation proceed and increase in all the great centres of industry. Generally, the ramshackle hovels complained of are owned by the very men who are appointed as councillors and vestrymen to manage the parish. How can it be expected of these men, who make large profits out of bad, insanitary, house-property, to set to work to bring sound, wholesome dwellings at low rents into competition with their own high-priced ramshackle hovels?

It is true, however, that these Acts are sometimes brought into operation, with what result I will now show. "Enforce the Acts" it is said. Yes; drive the small landlord to whitewash the walls, to repair the drains, to paper the rooms, and what is the result? The small landlord, the middle-man, is poor himself, and will do the work on the "cheap and nasty" system; and the end is that within fourteen days all the evils are re-established, and perhaps worse than before, owing to the disturbance. If the landlord be a rich man, he is angry at being disturbed by the councils or vestries, and he also does the work as cheaply and as badly as he possibly can. But in his case he raises the rents—already

heavy enough—at the rate of threepence, sixpence, or one shilling on each room, on account of the so-called improvements.

To prove this, I will give one instance. A reverend gentleman, who had this cause greatly at heart, in recording some of his experiences in London slums, says: "I remember once being shocked with the state of a court behind the High-street, Kensington, filled with small cottages of two storeys, each with four families. There was not a single ray of light in the court; the lamp was used for a public-house at the top of the lane. I complained of this to the vestry, and was promised that a lamp should be put up. I went a week afterwards to see how my lamp was getting on, and to be pleased with the aspect of the well-lighted court—for the old people when they went out at night used to hurt themselves as they stumbled along in the darkness in front of their cottages. To my dismay I found that the lamp had been put up in a corner where it threw a light upon a public-house, but where not a single ray entered the court. I made such a noise about this, declaring that I would expose it to the papers, that I got my lamp in the centre of the court. Then I investigated the sanitary arrangements of the place, and I found that all the means for carrying off the drains of the cottages were down at the bottom of the court, and the whole place was a wash of filth. I made complaint to the vestry, and the landlord, a tolerably well-off man with three thousand to four thousand pounds a year, living in Gloucester-place, was forced to put things to rights; but he was very angry. Then I thought that as I had begun in this way I might get some of the rooms whitewashed, and made another appeal through the vestry to the landlord. This was the last straw which broke the landlord's patience; and when I went down the court next time a deputation from the poor people came out, and implored me not to interfere any longer. They said, 'The agent has been down, and he swears if a single other complaint comes he will turn us all out; and where are we to go?'" The picture which this gentleman has drawn is most certainly nothing compared to what often happens. It will be seen, therefore, that the Acts mentioned defeat the very purpose for which they were made.

In the meantime things drag on. There are improvements for the upper and middle classes—still more overcrowding, degradation, and misery for those who produce the wealth of the country. We all know that a well-built, wholesome dwelling is absolutely essential to health and decency. How can parents be expected to bring forth healthy children surrounded by such sights and sounds and smells as are to be found in the courts and alleys of our industrial centres? It is the same, almost, in the country. Certainly there is more air, and perhaps more water, but the sanitary arrangements are utterly abominable in many cases, and the overcrowding goes on unchecked. The effect which home associations of this kind have upon the morals of the children is terrible in the extreme. People may preach education as they please, but until home associations correspond with advance in learning, the greatest efforts of school boards cannot be thoroughly successful, and children under such influences must be demoralized. There are few parents but are yearning to remove their children from the demoralizing influence of squalid courts and dens, where debauchery in all its hideous forms takes hold on their young hearts—hearts strong and lusty, and heads and arms which would otherwise be a credit and a power to the country. Many people rely on education, industry, thrift, and sobriety as fit agencies to remedy the existing evils; but I would ask them, what is to create such agencies but the prompt action of the State, which is a duty to the nation?

And yet people say, "the State has already gone further than is prudent." Such considerations as this are, to say the least, singular arguments to produce against this cause. As far as is safe! what a maxim by which to judge the action of a State! As far as is safe! when the very evils which the State might remedy are daily dealing out death in our midst! As far as is safe! when the State, having supreme authority, might remedy these evils with ease, and scarcely feel its burden! Prudence and caution are strange arguments against remedying the existing state of things. Let us hope—and, thank God, there is reason to hope—and believe that our senators see beyond such considerations the higher, nobler, and better one—duty. We feel sure that though the task is great, the way beset with dangers, and the conquest uncertain, when the time is fully ripe, our Parliament will not shrink from the labour, but will endeavour, by proper means, to solve this problem.

And how can this best be done? Simply by recognizing the fact that the State proper, together with the various local authorities, which form part of the governing machinery of the State, are bound to provide a healthy home for every wage-earning inhabitant of the country, at a rental in fair proportion to his wage-earning power.

Then we will be told, "You are going to bring State homes into unfair competition with existing private interests. You would be doing a grave injustice to private enterprise. Suppose you erected such dwellings as you suggest; they would, of course, be of a superior character, and possessing comforts and conveniences which present dwellings of the poor have not, and the cost would necessarily be great. If the rent of these homes be fixed so as to yield a fair return upon the capital expended, it is obvious that the poor could not pay such rent, and the homes would be tenanted by a class of persons other than that for which they were erected. If, on the other hand, the rent was fixed at present current rates, the 'State homes' would command a preference, and, as before stated, being let for less than their value, grave injustice to private interests would result."

The above is a fair sample of the arguments (?) of those who advocate the policy of *laissez faire*. Comment is somewhat superfluous; and the only answer must be a direct negative. If private interest and private enterprise consist in extorting enormous rents for the wretched hovels in the squalid courts of our cities, then the injustice is all on their side, and the sooner it is done away with the better. I contend, however, that homes could, and doubtless will before long, be erected, which would be all that is to be desired in the way of healthiness, comfort, and respectability, for a much less rent even, than the high-priced dens of private enterprise. A day of reckoning is at hand. The jerry builder and the owners of these filthy dens will soon have to look elsewhere for their subsistence than that obtained by wringing out one-fourth of the income of working-people in payment of a rack-rent.

This is a question outside the cold calculations of political economists. It is a question, not of what is prudent, but of what is our duty to our fellow-men, and our responsibility in the sight of God.

Finally, let me throw out a warning. Just as long as the dwellings of our race continue in their present condition—their whole surroundings a sort of warren of foul alleys, garnished with the flaring lamps of the gin-shops, and offering to all sorts of lodgers, for all sorts of conceivable and wicked purposes, every possible accommodation to

further brutalize, we shall still have to go on affecting astonishment, that, in such a state of things, we have outbreaks from time to time of the horrors of the present day. There can be no doubt whatever that these courts and alleys in the slums are the haunts and hiding-places of the garotter, the murderer, and the midnight thief. The horrors of Whitechapel, of which we have recently heard and read so much, are conclusive evidence of the fact.

But still, speculators, not heeding the voice of warning, which is ever growing stronger, build on—and forget. Only, to quote the lines published in a popular periodical not long ago,

"It will not be forgotten—it will find
A voice like the volcano, and will scatter
Such hideous wreck among us, deaf and blind,
As all our sheltering shams shall rend and shatter.
The den is dark, secluded,—it may yield
To Belial a haunt, to Mammon profit,
But we shall reap the tillage of that field
In harvest meet for Tophet.
Slum-farming knaves suck shameful wealth from sin,
But a dread Nemesis abides therein.

"Dank roofs, dark entries, closely clustered walls,
Murder-inviting nooks, death-reeking gutters,
A boding voice from your foul chaos calls;
When will men heed the warning that it utters?
There floats a phantom on the slum's foul air,
Shaping, to eyes that have the gift of seeing,
Into the spectre of that loathly lair!
Face it, for vain is fleeing—
Red-handed, ruthless, furtive, unerect,
'Tis murderous crime!—the Nemesis of Neglect."

THE fruit growers of California, finding that peach-stones make an excellent fuel, are now selling them at the rate of six dols. a ton. A sack of stones will weigh about eighty pounds, and is said to last as long as an equal number of pounds of coal, and give an even greater heat. This will form a very welcome supplement to the income of the fruit raisers.

A NOVEL AND EFFECTIVE TREATMENT FOR SPRAINS AND BRUISES.—The affected parts may be rubbed with a woollen glove or piece of flannel well spinkled with Stern's Pumiline Essence, or a compress soaked in a solution of equal parts of this Pumiline Essence and hot water may be applied. The Pumiline Liniment made by Messrs. Stern is also very beneficial, and an embrocation with the same should be freely used. For burns, scalds, wounds, &c., the Pumiline Ointment should be applied direct, or on a piece of rag or lint. Stern's Wound Pad will be found very valuable. The Pumiline Extract may also be applied as a plaster or poultice. To facilitate the local application of Pumiline to the skin, we may add that Stern's Pumiline has been prepared in the form of a Liniment, with olive oil and a certain proportion of chloroform. This is well rubbed in over the stiffened joints, in chronic rheumatism, or *arthritis deformans*. The application is best made with the palm of the hand, and it should be used at least twice daily. The alterative and stimulating effects on the skin and subjacent tissues are promptly manifested with corresponding relief to the symptoms. This preparation is especially adapted for use in chronic rheumatism, lumbago, sciatica, and muscular rheumatism (myalgia).

LONDON NECROPOLIS, Brookwood, Near Woking, Surrey. The largest and most beautiful cemetery in England. Five hundred acres exquisitely planted. Simple funerals. Earth to earth coffins can be used if desired. Pamphlets gratis. Apply—SECRETARY, 2, Lancaster-place, Strand.—[ADVT.]

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

A CRITICISM OF THE "SALISBURY" TREATMENT.

DR. G. HERSCHELL, of London, contributes to a medical journal a criticism of Dr. Salisbury's treatment of corpulence, and in the course of his remarks asks, Can life and health be sustained indefinitely upon a diet of lean meat and water without any farinaceous food at all? Physiologists tell us that it cannot; experience seems to negative their assertion. It is highly desirable that this question should be cleared up and finally set at rest, both from a practical and from a purely scientific point of view. A diet of lean meat is now being advocated for several purposes in practical medicine, and it is of the highest importance that we should know for certain for what period it can be carried on without injury to the patient. In this country it is being used chiefly for the reduction of obesity, but in New York Dr. Salisbury and several other physicians are making an extensive use of a diet consisting entirely of lean meat and water, not only for that purpose, but also in the treatment of dyspepsia, phthisis, ectasia of the stomach, and in the absorption of new growths. In the latter case Dr. Salisbury claims that by increasing the metabolism of the body recently formed tumours can be absorbed. In order to procure these results, he and his followers continue the use of a diet consisting entirely of lean meat and water for a period of at least several months, and they state not only with perfect impunity, but with absolute benefit to the general health of the patient.

Let us now turn," says Dr. Herschell, "to Landois and Stirling, which we may accept as one of the most recent of the standard text-books on physiology, and see what they say upon the subject. On page 482: 'To obtain the 448 grms. of carbohydrates necessary to support him a man must eat 2261 grms. of beef.' Again, on page 485: 'A man is not able to maintain his metabolism in equilibrium on a purely flesh diet; if he were compelled to live on such a diet, he would succumb. . . . If a man is to obtain 240 grms. C. from a flesh diet, he must consume, digest and assimilate more than two kilos in twenty-four hours. *But our digestive organs are unequal to this task for any length of time.*'

The reason why I am bringing this subject before the notice of the profession is that there are now being exhibited at the Westminster Aquarium a family of savages who have lived all their lives on nothing except lean meat, fish, and water, without succumbing, as we are told they ought to have done. Those interested in the physiology of diet have now an opportunity which they have never had before in this country of investigating a purely carnivorous man.

They are a family of cannibals from Terra del Fuego; belong to the tribe of Onas; and consist of five adults and two children. The adult male is thirty years of age, of normal weight and development, takes little or no exercise, and eats every twenty-four hours five and a half pounds of lean cold boiled horseflesh, two pounds of raw fish, and one or two eggs, and drinks about four pints of water at the most, probably rather less. As near as can be ascertained, he passes about the normal quantity of urine in the twenty-four hours, and a sample passed about three hours after his last meal at night yielded the

following results on examination: Sp. gr. 1020; faintly acid, no albumen, no sugar, an excess of phosphates, but urea fifteen grains to the ounce, and uric acid one-sixth of a grain per ounce only!

A careful study of the case presents to us the following facts for our consideration. 1. It is generally admitted that the inhabitants of cold climates must eat more fat and farinaceous food than those of warmer parts. Now in the island where these people come from there is nearly always snow on the ground, and, notwithstanding that, they reject fat from their diet, and take no starchy food at all. 2. It is generally believed that the only conditions under which a diet of meat can be indulged in with impunity is when it is accompanied with a large amount of exercise, and the ingestion of a considerable quantity of water. Now these people do not drink anything like an excess of water, and they take hardly any exercise at all. They spend most of their time in sleep. It would be an interesting point to determine whether their drowsiness might not possibly be due to auto-intoxication from leucomaines developed during digestion. 3. This case entirely disposes of the allegations of those philosophic traditionalists who affirm that excess of meat in the food produces uric acid and gout.

Amongst these meat-eaters gout is unknown. Dr. Mortimer Granville, almost alone, I believe, of modern physicians, has always maintained that excess of meat does not do so. I find in his recent work the following: 'It is on these hypotheses mainly that the prevailing method of treating gout by limitation of flesh is founded (*i.e.*, that urea and uric acid as they appear in human urine are to be regarded as serial or progressive products of the dissimilation of the nitrogenous elements of the food). It is inexplicable to me that this policy should find favour with physicians who base their treatment of disease on physiological principles, seeing that there are good reasons for believing that much more depends on the changes that take place in the elements of the food after digestion than upon their form when consumed.' 4. Finally, I would suggest that the consideration of this remarkable tribe of people inevitably forces us to one of two conclusions — either that the generally received opinions on the subject of diet as contained in works on physiology are unreliable and should be revised; or that it is possible so to alter the metabolic mechanism of the body by hereditary influence as to enable the individual to exist in defiance of all the ordinary physiological laws of nature."

The Soden Mineral Pastilles.—In a previous number of Health we directed attention to the excellence of these Pastilles for voice and throat troubles. They bear the *imprimatur* of Sir Morell Mackenzie, and the recommendation of this physician is fully endorsed by the good effects experienced after their use in hoarseness and allied troubles. Our own experience of the Pastilles confirms the high opinion expressed by many medical men, and they have been frequently recommended, with benefit, to correspondents in our pages.

Eruption of Teeth in Old Age.—Mr. George E. Fisher reports in the *Lancet* the case of a lady, aged sixty-four, who asked him to lance her gums as they were very painful, having kept her awake for several nights. On examining the gums of the upper jaw he found a well-developed new canine tooth protruding, and the corresponding side full and painful, feeling to the touch distinctly as though a tooth were coming through. The patient had lost her incisor and canine teeth in the upper jaw some ten years before.

MODERN DISEASES.

With the general advance of medical science, there has been, apparently, in modern times a host of new diseases developed with which our ancestors were unacquainted. The proprietors of the various cure-all nostrums make the most of them in their sensational advertisements, pointing out the alleged terrible nature of the diseases caused by our modern habits of living, and the impossibility of escaping from them except by the aid of their infallible "cures."

It is a fact beyond dispute that the man of the present day is stronger, healthier, and less liable to attacks of disease than in any preceding age. There are no more real diseases than there were a hundred years ago, but, with our increasing knowledge, we are able to observe differences not then noted, and to separate into distinct diseases, each requiring different treatment, certain affections which were formerly grouped together under one general name. Pneumonia, for instance, was rarely heard of in former times, but "lung fever" was none the less fatal, and even more to be dreaded in the absence of any rational method of treatment. Before the general use of the microscope and chemical reagents for testing the urine, diabetes, Bright's disease, and many others were not thoroughly differentiated, but were called by the general name of kidney trouble, and were just as common as in these modern times when "safe" and infallible cures are advertised for sale at every drug store. The forms of brain disease accompanied by paralysis were in existence long before the term paresis was introduced into the medical vocabulary, and the victim of alcoholic dementia is not favoured with the sight of any more zoological curiosities than his predecessor who merely had the common jim-jams.

"Heart failure" is the latest term of this sort employed to indicate the cause of death, and is a most unfortunate one. It really has no meaning at all, for the failure of the heart to do its work always occurs at the end of life. It may be said that death is always caused by the failure of either the heart or lungs to perform their duties, and that the various forms of accidents or disease are only indirect causes inducing such failure. Heart failure is not a disease, but the result of disease, and there is nothing new about it whatever. When applied to organic or functional diseases of the heart it may have some significance, but such a general term had best be used only in a very general sense.

Notwithstanding the wails of the pessimists, mankind is steadily improving in bodily strength and vigour. Even the immense consumption of patent medicines fails to stop the improvement—a fact which goes to prove the general absence of any medicinal qualities whatever in these preparations. The average length of life is greater, and the standard of bodily health higher than ever before; and, if it were not that medical and sanitary skill now preserves for a life of imperfect health, many weak persons who in former times would have succumbed to the first attack of disease, the standard would be even higher. In the works of old writers there are many passages which show that a man was considered old and past his prime at forty, while now at that age one is in the very height of his powers. There may be more diseases now than formerly, but there is less disease, and a vastly greater knowledge of how to avoid it, or, when attacked, to bring it to a favourable termination.

Locomotive engineers are inclined, it is said, to obesity.

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

THE DIARRHŒAS OF CHILDREN
AND THEIR TREATMENT.

Simple diarrhœa in the adult is considered of no importance, but in infants the case is different. The mortality from the excessive intestinal flux is said to be as high occasionally as fifty per cent. The cause is not far to seek. The predisposition of the parents to cram the child with excess of indigestible food is well known. This treatment does not agree well with the hypersensitive and nervous organization of the present age, and accompanied, as this treatment generally is, by neglect of even the most rudimentary laws of hygiene and infection.

There is much to be amended in the common care of children. What is infantile diarrhœa? This question is frequently asked, and it is a question of the highest importance. It is excessive flow of waste matter sapping the system by preventing absorption and assimilation of food taken into the stomach, causing suspension of nourishment. The diarrhœa is frequently caused by indigestible food taken into the stomach and becoming putrid in the intestines; another cause is the presence of offensive micro-organisms, developing ptomaines or poisons of a most virulent nature; a third cause may frequently be found in sudden exposure to cold, damp, heat, &c.

These are positive causes, and may be avoided: the first and third by exercise of common sense, and the second by avoiding a damp locality, organic decaying matter near to the dwelling, and the employment for food of milk which has been kept. This last is one of the most important. Milk, if kept too long a time, will develop a poison (tyrotoxicon), which is understood to be a chief cause of infant mortality. By way of overcoming the development of microbes, or germs, in the atmosphere, Dr. Ballard suggests the following rules:—"To prevent fouling of the soil with matters out of which the material for promoting diarrhœa can be produced, to secure domestic cleanliness, dryness and cleanliness of soil, lowering of ground water, prevention of rise of ground air, the free movements of air, protection of food from infection, due regulation of sewers, closets, &c." (*British Medical Journal*).

In small children the bowels are always loose on account of the food taken, and because digestion is only carried on in the stomach and small intestine, no absorption taking place from the larger intestine. Very little ptyalin is secreted in the saliva before the sixth or eighth month; and this being the principle employed by the economy to digest starchy foods, an excess of these should be avoided, unless *predigested* by employment of a Zymine Peptonising Powder (Fairchild) or a small quantity of Malt Extract (Kepler), a preparation rich in diastase or vegetable ptyalin. A very frequent error is committed by mothers in substituting for mother's milk food containing starch in excess. Now this is necessarily more or less irritative, for the particles pass through the intestines untransformed into assimilable matter.

Herein is the objection to bottle-feeding and ordinary artificial foods of all classes, and to overcome this difficulty is one of the chief problems of successful nutrition. Where it appears desirable to feed artificially, a good bottle should be selected. If without a long rubber tube it is better; when the long tube is attached it is very difficult to keep clear of particles of sour food or of micro-organisms. Therefore a bottle such as the Patent Thermo-Safeguard Bottle (Burroughs, Wellcome & Co.) is a useful acquisition. In this the teat is attached to an elongated stopper, and is easily cleansed; moreover, there is a thermometer imbedded in the glass, which will indicate the proper temperature of the food for the child, and is also useful for indicating the heat required for predigestion to take place; when this is necessary, the Zymine Peptonizing Powder being put into the bottle, and then the bottle immersed in hot water. By this procedure most of the solid particles of starch are broken up, and one of the chief causes of indigestion and diarrhœa in infancy is removed. An excellent nutritious food, which is easily borne by weak stomachs, may be prepared by boiling a teaspoonful of fine oatmeal in half a pint of milk and adding a teaspoonful of Kepler's Extract of Malt. This food is excellent for feeding six months' old children.

Continued indigestion, caused by feeding upon ordinary starchy foods, may cause relaxation of the mucous membranes of the intestines, with profuse diarrhœa; so that a simple case may develop into a very serious ailment. If the mother be unhealthy, uncomfortable symptoms are sure to appear in the infant; but no matter whether the obstinate diarrhœa be caused by heat, cold, improper nourishment, bacteria, or tyrotoxicon, the stomach should always be cleared by a gentle purge. For this purpose a Tabloid of Grey Powder, one-third of a grain, or a one-grain Tabloid of Calomel may be easily administered by simply breaking the Tabloid up and placing it upon the child's tongue. As the child grows older a Tabloid or two of Gregory Powder offers a nice means of administering this well-known stomachic. Where there is a suspicion of diarrhœa having been caused by ptomaines or micro-organisms Salol has been highly recommended. This is one of the latest remedies given to the profession for use in disturbed functions of the stomach and bowel. Dr. O. T. Osborne tried Salol in thirty-six cases without a single failure, especially when the food was vomited and the evacuations ill-smelling, loose, and frequent. If perfect rest is maintained, Salol is all that will be required.

For children under six months one-half grain every two hours for three or four doses will be found sufficient, between the ages of six and eighteen months half a grain to a grain and a half, at two years a grain and a half to two grains. Children take it readily if it is placed on the tongue, as it is tasteless. Doubtless Salol acts best in morbid conditions due to fermentation and decomposition in the stomach and upper bowel. That the careful resource of Salol is a preventive against epidemic diarrhœa there is not lacking proof, and as a remedial agent against the ill effects of over-crowding much may be said in favour of Salol, and the preventive force exercised by the careful nourishment of young children by the *predigestion* of albumens used as food.

Dr. Lauder Brunton avers "The alkaloids which are obtained from the decomposition of albumen in the stomach to be one of the chief causes of diarrhœas."

Special Notice.—The best stimulant for dietetic and other purposes is the "Skerryvore" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the utmost purity by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by John Twatt, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[Advt.]

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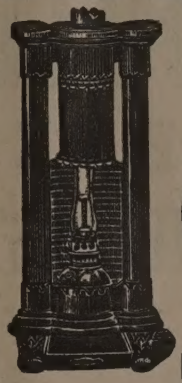

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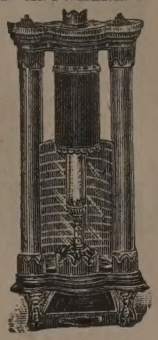

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THE BRAIN-WEIGHT OF MAN AND WOMAN.

THE subject of the comparative weight of the brain of man and woman comes up periodically, and almost always some incorrectness of statement or inadequacy of knowledge is to be observed. Perhaps a certain feeling of gallantry tempts speakers and writers to handle tenderly facts apparently in conflict with the view that woman is encephalo-morphologically the equal of man.

The average weight of the male brain is 49½ ounces; of the female, 44 ounces—a difference of over five ounces. Woman's brain has a higher specific gravity. The man has a larger brain in proportion to stature (Marshall), but woman's brain is larger in proportion to her weight. In 239 Russian brains (Buchstab) the ratio of body-weight to brain-weight was for the male as 38 to 1; for the female, 35 to 1. In woman the brain is shorter in the sagittal diameter, being from 6⅖ to 6⅗ inches in man, 6 to 6⅔ inches in woman (Huschka). The transverse and vertical diameters are more nearly equal in the two sexes.

The frontal lobe is better developed in man, the distance from the anterior extremity of this lobe to the upper end of the fissure of Rolando being in males 152·9 mm.; in females, 140·6 mm. (Buchstab), On the other hand, the occipital lobe is more developed proportionately in woman, the distance from the point of occipital lobe to the parieto-occipital fissure being in males 48·7 mm.; in females, 51·4 mm. This is for Russian brains, which are a little smaller than German and English, a little heavier than Italian and French brains.

The difference between the weight of brain in man and woman increases with civilization, and is most marked in the Caucasian races. In Parisians this difference amounts to 222 grammes, or nearly seven ounces; in European nations generally, 163 grammes; in Hindoos, 120 grammes; in Australians, 103; in negroes, 82; in Chinese, 15.

The greatest sexual difference as regards brain-weight is found at birth, when the female brain weighs 347 grammes, and the male 393, or about ⅛ more, while the total weight of the male infant is about 1/15 more than that of the female. The female brain begins to lose weight after the age of thirty, that of man not till ten or fifteen years later. The loss in woman is very slight, however, and she keeps up a high brain-weight much later (till seventy) than man, so that in old age the difference in brain-weight is reduced to its minimum, or a little over three ounces.

Definite statements cannot be made regarding the sexual differences in convolutional complexity, or the thickness of the grey matter, two very important points in estimating the intellectual powers of the organ.

Despite much loose talk regarding the unimportance of brain-weight as a test of intellectual superiority, it is unquestionably an important factor. What Thurnam calls medium brains range in weight between 40 and 52½ ounces for men, and 35 and 47½ ounces for women. All brains in size above this are called megalocephalous. Now the tables of brain-weights collected by Bastian and others show that the proportion of great men who are decidedly megalocephalous is twenty-five per cent., while the proportion in average men is four per cent. to five per cent. The proportion of incipient megalocephaly (*i.e.*, weight above 52½ ounces) among eminent men is nearly sixty per cent. There can be no doubt that the majority of eminent men have large brains, just as the majority of ordinary men have forty-nine-ounce brains. Certain individual cases furnish exceptions, and distinguished talent can co-exist with a small brain, but it is not the rule.

When a brain falls to a weight of 37½ ounces in a man, or 32½ ounces in a woman, it is called microcephalic, and the rule is that below these limits idiocy exists. There is just five ounces less amount of brain-matter, however, needed to keep a woman from idiocy than is needed for a man. Hence we may reasonably suppose that this, which is nearly the average difference in brain-weight of the sexes, represents not tissue necessary for mentality, but corresponds with the smaller muscular mass and shorter stature of woman.—*Medical Record.*

SAN FRANCISCO has a Chinese physician, Li Po Tai, whose professional income is stated to be 6,000 dols. per month. He has been established in that city for thirty years.

AN EXPLANATION.—In HEALTH of November 29th last we inserted a paragraph entitled "Compulsory Vaccination," culled from the pages of the *Lancet* of October 12th, in which certain statements were made regarding opinions expressed at an anti-vaccination meeting held at Guildford. It appears that Mr. A. Milnes, M.A. (although not named in the *Lancet* paragraph) was charged therein with making misstatements regarding the effects of vaccination. Mr. Milnes' remarks referred to Perth, whereas the *Lancet* paragraph alluded to referred them to Sheffield. On Mr. Milnes complaining to the Editors of the *Lancet* regarding this misstatement as to locality, the following editorial note was inserted in that journal of October 19th. "COMPULSORY VACCINATION.—In our issue of last week, under the above heading, we commented on statements made at a recent meeting at Guildford. We said that the audience was told that in Sheffield during the last small-pox epidemic 'eight cases, nurses and attendants in a hospital, who had all been revaccinated, occurred, and there were two deaths.' We then proceeded to show from Dr. Barry's report that the story as to Sheffield was without foundation. We have now received a letter from Mr. Alfred Milnes, M.A. Lond., F.S.S., stating that the event occurred at Perth, and asking us to withdraw our statement. He encloses a copy of the *Surrey Advertiser and County Times* of October 5th, which contains a report of his address, and which shows clearly enough that Mr. Milnes referred to an outbreak in the Perth Infirmary, and not to any occurrence in Sheffield. We therefore owe Mr. Milnes an apology, and desire to state that our comments were based upon a report of his address in the *West Surrey Times* of October 5th." Mr. Milnes having directed our attention to the explanation given by the *Lancet*, we gladly reproduce the latter by way of doing justice to his accuracy regarding the locality to which he referred, and also for the plain reason that it is (and always has been) our desire to avoid misrepresenting the opinions of any one in these pages, and more especially those of persons to whose views we find ourselves opposed. It is needless to add that into the merits of Mr. Milnes' quarrel with the *Lancet* over the Perth statistics, we are not required to enter. The *Lancet* of December 7th deals with Mr. Milnes' remarks (Mr. Milnes' rejoinder is printed in the issue of December 14th), and it remains to be seen how far and how completely each side will be able to justify its interpretation of the Perth figures.

CHEMICAL ANALYSIS.—DR. DRINKWATER, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

Public Health

"Health is the first Wealth."—*Emerson*

USE OF SALT WATER IN CITIES AND TOWNS.

THE discussion of salt water for street-sprinkling and sewer-flushing purposes in coast towns and inland cities has engaged the thought of many of our foremost engineers. A valuable addition to the literature on that subject is found in a paper read by S. H. Terry before the Civil and Mechanical Engineers' Society. A summary of the paper as given in *Engineering* is as follows:

An enormous saving in water would be effected if sea water were used in all cases where fresh water is not absolutely indispensable, and especially for such purposes as the flushing of sewers and the watering of streets. The advantages to be derived from sea water for such municipal purposes as the above have frequently struck engineers, and are set forth in a paper read by Mr. S. H. Terry before the Civil and Mechanical Engineers' Society. There have not been wanting schemes for supplying sea water even to inland towns, but hitherto it has been objected that sea water, though so abundant, was an expensive commodity to supply to towns, and it has even been asserted that the effect of sea water, on pavements, for instance, was anything but beneficial. These ideas, however, have now been exploded.

A gallon of sea water contains about 2,500 grains of saline matter, of which about 1,890 grains are common salt—chloride of sodium—the remaining 610 grains being composed of other salts; and it is due to the deliquescent character of one of these salts, chloride of magnesium, that any material having once been moistened by sea water remains moist for a considerable period. But, after storms, there is also present in sea water taken from near the shore in the vicinity of weed-covered rocks a considerable amount of organic matter from the destruction of seaweed, and the consequent mixture of its glutinous sap with the water. It is believed that it is to this glutinous material that the formation and endurance of the bubbles of sea-scum, which occasionally, in gales, are driven some distance inland, is due.

As, roughly speaking, about eighty pounds weight of various salts are present in every water-cart containing 224 gallons—one ton—of sea water, it will be seen that much material, which may or may not be injurious, is, in the course of a few weeks, spread over the streets of a town by the water-cart. This fact had created a feeling that the use of sea water for streets might not be without its dangers, and Mr. E. Buckham, M.Inst.C.E., Borough Engineer of Ipswich, was so much impressed with it that he instituted inquiries on the subject, and requested information from the engineers of thirty-five coast towns which had used sea water for watering the streets. Twenty-three of the engineers written to replied that they were no longer using sea water, as they had no works for that purpose; twelve stated that they were using sea water, some with suitable works, and some by merely filling the carts by hand, and two that they were about to have works.

The engineers of two towns, Ramsgate and Folkstone, spoke adversely of sea water, and stated that it destroyed all kinds of road material except wood. Some advised its use for sewer-flushing, if a sufficient volume was employed; others, again, were of opinion that sea water tended to produce gas when brought into contact with sewage, and should not be used for sewer-flushing except in large volumes. But it is probable that sea water only produces objectionable effects in sewers when these are particularly foul, and the influx of sea water stirs up the decomposing matter deposited in them. With regard to the efficiency of sea water as a means of preventing dust on roads formed of flint, gravel, or granite, the testimony of those who have used it is almost entirely in its favour. Indeed, the Borough Engineer of Berwick-on-Tweed goes so far as to say that persons having control of street-watering should use sea water, where it can be had, for reasons of economy, as well as for the comfort of the inhabitants. In his district he finds that one cart of sea water is equal to two carts of fresh water, and gives more lasting and beneficial results. He states that the macadamized roads that are watered with salt water are a pleasure to drive upon in the summer season, as compared with those watered with fresh water, and they never seem to have a loose stone upon them.

In answer to Mr. Buckham's question whether sea water occasions any offensive decay of street refuse, and if so whether this is greater than would be occasioned by rain or fresh water, the pithy remark was: "No; when the scavenging of the town has been properly attended to." Without enumerating all the favourable answers that were received, it will suffice to state that the following important seaside resorts reported in favour of sea water: Portsmouth, Tynemouth, Great Grimsby, Great Yarmouth, Hastings, and Littlehampton. Hastings, which has a population of 42,258, and a rateable value of £309,219, has erected extensive works at a cost of £9,000 for sea-watering, which means a charge of threepence per head of the population, or a halfpenny on the rateable value. Great Yarmouth, with a population 46,159, and a rateable value of £133,658, has completed works for salt-watering at a cost of £4,500. Here an eight-horse-power Otto Crossley gas engine has been erected, with a twelve-inch pump, engine-house, tower, and tank, containing 22,000 gallons, settling tank, and suction-pipe, fixed to the jetty. There are about 9,000 yards of main, ranging from eight feet to three inches, cast-iron socketed pipes, lead-jointed, forty standposts, twelve automatic flushing syphons (Field's), each connected to tanks holding 2,000 gallons of sewer-flushing.

The total expenses, including interest and capital, repayment of loan in twenty years, depreciation of wages, gas, oil, &c., are under £500 per annum. For this amount some 30,000,000 gallons are raised forty-four feet at a cost of fourpence per 1,000 gallons. Of this volume about 5,000,000 gallons are used for street-watering, and 25,000,000 gallons for sewer-flushing. Before these works were constructed, the cost of water for street-watering alone was £404 on an average of each seven years, ending 1883. In 1885 it was as much as £552. To keep the automatic tanks of the size mentioned properly going the cost would have been £700 per annum. The charge for water at Yarmouth at that time was one shilling per 1,000 gallons. The cost of watering for street-watering and sewer-flushing, including all items mentioned above, is less than threepence per head per annum, and sometimes under one penny in the pound.

At Gosport a similar experiment has been made with highly satisfactory results. The facts speak eloquently for themselves, and require no further comment. In some cases, however, the water companies offer a very strenuous opposition to the introduction of sea water, and Mr. Terry instances the case of Kirkhallerton, near Redcar, on the Yorkshire coast, where a very neat scheme was got out for the supply of sea water for street-water-

ing, and it was also intended to supply sea water for bathers to the houses, and but for this intention the scheme would probably have been carried. The law here stepped in, and showed that inasmuch as the district was within the limits of supply of the Stockton and Middlesbrough waterworks, a loan for such works of proposed supply would be illegal.

The discussion which followed Mr. Terry's paper was nearly all in favour of sea water. Its employment for the watering of streets, at any rate, is a perfectly practicable idea, and one that can be adopted with economy and success. The increasing size of our towns makes an adequate supply of water annually a question of greater and greater difficulty, especially when we remember that with the spread of the scientific spirit of the age, cleanliness may be said to be advancing at quite an alarming ratio, and that the demands made on our water-supply for municipal purposes are growing almost daily. In London this is felt very appreciably, and it would be interesting to see an experiment tried on a large scale of flushing our enormous sewers and watering our interminable streets with sea water. For this purpose London is more favourably situated than any other capital in Europe almost. Constantinople and Lisbon perhaps alone excepted. At any rate, there is a strong feeling that something must be done, and that speedily, and Mr. Terry's paper may, therefore, be received as containing what, at least, appears to be a very practicable suggestion, and possessing, moreover, the merit of being, as far as we know, the first attempt to bring together in an accessible form all the *pros* and *cons* and experience and practice connected with the subject. The moderate cost of the pipes necessary for supplying even a large town places the proposal very easily within the reach of realization.

To Soften Wet-Stiffened Shoes.—"The women have a new use for vaseline," observed a Fifteenth-street drug clerk, as he jerked his thumb over his right shoulder in the direction of a well-dressed lady who was leaving the store after having made a purchase of the petroleum compound. "What's that?" "They are using it on their shoes now." "On their shoes?" "Yes, and the ladies must be given credit for having made a valuable discovery. The ingredients of vaseline have a wonderful effect on fine leather, and it is fast taking the place of all the compounds manufactured for softening the shoes. Take a pair of shoes that have become stiff and uncomfortable by constant wear in the rain, and apply a coat of vaseline, rubbing it in well with a cloth, and in a short time the leather becomes as soft and pliable as when it is taken from the shelves of the shoe dealer. Yes, indeed, this rainy season has caused quite a boom in the vaseline trade."

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Our Medicine Chest.

"The aim of using drugs is not so much to destroy diseases as to aid and assist the natural powers to overcome the disease-principle."—*Holland.*

The first Napoleon is said to have been subject to sudden attacks of severe hoarseness, for the immediate relief of which his physician was in the habit of prescribing the following, known as Foreau's syrup:—Liquor, ammoniæ fortioris, ten minims; syrupi erysemi, one ounce and a half; infusionis tiliæ florum, two ounces and a half; to be taken at one dose. Erysemum officinale (*sisymbrium offic.*), or hedge-mustard, is no longer officinal, but is easily obtained. It is a small annual, growing almost everywhere in the United States and Canada, as well as in Europe. The infusion of linden (tilia) is used simply as an agreeable vehicle, and may be dispensed with or supplanted by any other pleasant vehicle.

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T. G. Davis, M.D., says that he has success with the following combination, which for greater elegance he has had put in triturate form by H. R. Mulford & Co., of Philadelphia:—Tinct. aconiti rad, one to five minims; tinct. bryoniæ, one to ten minims; tinct. belladonnæ, one to ten minims. If quinsy or tonsilitis threatens, he can usually abort it by alternating with the above carbonate, one-hundredth grain, every two hours, and a gargle of borax in hot water.

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The inhalation of oxygen has been recommended in the treatment of consumption. More than a century ago it was observed by Priestley and Beddoes that oxygen did harm in certain cases of phthisis. In acute phthisis, the form which has been termed phthisis florida, the blood may be hyperoxygenated. Oxygen should not be given under such circumstances, or where there is fever. But where there is no fever, and where the conditions in the lung interfere with the oxygenation of the blood, benefit may be obtained from the inhalations of oxygen properly regulated. In those cases in which there is an increase in oxygen, it was recommended a few years ago that the amount of oxygen be diminished by the use of carbonic acid gas introduced into the system more especially by rectal injections. Clinical experience has not confirmed the extravagant claims made for this treatment.

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Dr. H. H. A. Beach, prompted by records published in London, 1755, by Lawrence Heister, has revived the use of balsam of copaiba as a surgical dressing. It was applied to an indolent granulating surface, charpie being saturated with balsam, and, after squeezing out the superfluous balsam, bandaging the charpie upon the ulcer. The unusually rapid growth of a handsome bed of rosy granulations, ready for the grafting process, was so clearly attributable to its use that the doctor continued to employ it, and finally adopted it as regular dressing to granulating surfaces in his hospital (Massachusetts General Hospital) wards. It has been adopted by all the surgeons of this hospital, and is found especially indicated for flat, pale, granulating surfaces that commonly result from avulsions of the scalp, extensive burns and scalds, and for the cavities after operation for removal of necrosed and carious bone. It has succeeded in raising healthy granulating surfaces for grafting, after other stimulating applications had failed. At the

hospital it is applied on picked cotton-waste instead of charpie. This porous dressing readily absorbs pus, which is also disinfected by the fragrant odour of the balsam.

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Dr. Hinkle recommends the following formula as the best for a "voice lozenge" in the ordinary hoarseness of singers and speakers. A small piece should be allowed to dissolve in the mouth just before using the voice:—Cubebs, half grain; benzoic acid, one-third grain; hydrochlorate of cocaine, one-seventieth grain; powdered tragacanth, quarter grain; extract of liquorice, five grains; sugar, thirteen grains; eucalyptol, quarter minim; oil of anise, one-twentieth minim; black currant paste, enough to make twenty grains.

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Dr. T. J. Griffith, Crawfordsville, Ind., writes an article to the *Medical Brief* on the treatment of diphtheria with ice and snow. When he is called to treat a case of diphtheria, if there is snow on the ground, his first order is to apply a *snow poultice*, folded in a cloth, from ear to ear, with additional cloth to absorb moisture as the snow melts, and to be renewed as long as fever and the exudation exist. He says: "Don't be afraid of giving your patients 'cold.' You can't give them 'cold' while they have fever by the local application of cold. I have kept ice to the throat for fifty hours, in a bad case, and it saved life." The patient is also directed to swallow ice pellets, and to gargle with iced antiseptic solutions, such as strong solution of sodæ sulphite. Febrifuges according to amount of fever; bromide potassium for nervous irritability, and other treatment to meet indications. The doctor asserts that no glandular engorgement or effusion of serum ever takes place, or can take place, during the ice treatment, and that septic poisoning is arrested. He is equally confident of the value of ice, locally, in the treatment of scarlatina, pharyngitis, tonsilitis, and croup, as originally recommended by Dr. Hiram Corson, and attested by twenty years' experience.

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The following simple and inexpensive recipe was considered the best among over 200 competitors in a recent prize competition for the best Eau de Cologne formula:—Essence of bergamot, two drachms; essence of lemon, one drachm; oil of neroli, twenty drops; oil of origanum, six drops; oil of rosemary, twenty drops; S. V. R. treble distilled, one pint; orange-flower water, one ounce.

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Grinewitsky reports the successful treatment of muscular rheumatism, in Russia, by hypodermic injections of osmic acid. He uses a one per cent. solution, and injects from eight to fifteen drops. When the larger dose is employed the relief is much more prompt; but in any case the results are certain, and a cure obtained after six or eight injections. Grinewitsky discovered the use of the acid by accident. He was treating a patient for violent lumbar pain with injections of a five per cent. solution of cocaine, but by mistake gave a large dose of a one per cent. aqueous solution of osmic acid. Violent pains were felt for more than two hours subsequently, but they were followed by complete relief from pain in the loins, and the patient remained free from further suffering. Three injections of eight to fifteen drops of a one per cent. solution gave complete relief to a patient suffering with lumbago and muscular rheumatism of the lower extremities.

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The following are some recent notes on Eczema.—Dr. Unna strongly recommends in the treatment of seborrhœal eczema the application of linen cloths soaked in solution of resorcin. (Resorcin and glycerine, of each ten; alcohol, one hundred and eighty; one part of the mixture to be diluted with four parts of water.) A thin layer of cotton wadding, soaked in the solution, is applied, and covered with waterproof material. Dr. Mackintosh gives the following as an ointment which, in most cases, pretty nearly approaches the character of a specific:—Bismuthi subnitratis, four drachms; zinci oxidi, one drachm; acidi carbolici liquidi, half drachm; vaselini albi, two ounces. Or, Bismuthi subnitratis, two drachms; zinci oxidi, half drachm; glycerini (Price's), drachm and a half; acidi carbolici liquidi, twenty minims; vaselini albi, six drachms. The latter ointment mixes into a beautiful enamel-like cream, which is cooling, and acts as a balm to the irritable skin. When constant tingling and irritation disturb the patient's rest at night, the following lotion is said to be invaluable:—Bismuthi subnitratis, one drachm; glycerini (Price's), four drachms; acidi carbolici liquidi, twelve minims; aquæ rosæ ad., one ounce. Label: "Shake up, and apply with a camel's-hair pencil. During the day, when business has to be attended to, and the ointment cannot be applied, a powder will be found useful:—Cimolite, bismuthi subnitratis, zinci oxidi, of each equal parts; fiat pulvis.

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For the relief of cold in the head, Dr. Köhler recommends inhalations of camphor as affording great relief in the early stages of an acute coryza. He puts one teaspoonful of powdered camphor in a rather deep vessel, half fills the latter with boiling water, and covers it with a paper cone. The end of this cone is torn off so as just to admit the nose. The warm camphor-laden vapour is then inhaled through the nose, not the mouth, for a period of from ten to fifteen minutes. This procedure is repeated every four or five hours. After the third inhalation, even the most stubborn catarrh, says Dr. Köhler, will be found to have completely disappeared. Any throat catarrh, which may be present at the same time, will be found to be considerably benefited by the action of the camphor vapour.

"Canal Sore Throat."—In view of the early completion of the Manchester ship canal—in from fifteen to eighteen months—the directors of the ship canal are making vigorous efforts to induce the various local authorities to arrange for the carrying out of sewage schemes whereby the pollution of the Irwell and Mersey and their tributaries will be prevented. The water of the Medlock is occasionally used by the Bridgewater Canal Company, and at a meeting of the Altrincham Union Sanitary Authority it was stated that the condition of the canal gives rise to a peculiar disease called "canal throat."

Cocaine Hallucinations.—MM. Magnan and Saury report three cases of haliucination due to the cocaine habit. One patient was always scraping his tongue, and thought he was extracting from it little black worms; another made his skin raw in the endeavour to draw out cholera microbes; and a third, a physician, is perpetually looking for cocaine crystals under his skin. Two patients suffered from epileptic attacks, and a third from cramps. It is important to notice that two of these patients were persons who had resorted to cocaine in the hope of being able to cure themselves thereby of the morphine habit, an expectation which had been disappointed. For more than a year they had daily injected from one to two grammes of cocaine under the skin, without, however, giving up the morphine injections, which were only reduced in quantity. The possibility of substituting cocainism in the endeavour to cure morphinomania is a danger, therefore, which must be carefully held in view.

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(From a Letter in "Lancet.")

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BRAHEE

seemed to have as complete control as over those of recent date. My experience, indeed, of the peculiar efficacy of BRAHEE leads me to say, deliberately, that with this remedy in hand I should not only not shrink from any case of Rheumatism or Neuralgia, *however chronic and severe,* but should look confidently for a comparatively speedy and a complete cure. And another characteristic of the medicine which I should notice is the *fine tonic influence* which it exerts on the system generally, inducing, in particular, and in a marked way, both appetite and sleep."

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SEWER-GAS.

THE term "sewer-gas," says a contemporary, is one constantly heard in lectures and discussions on sanitation, and as frequently mentioned in the literature of hygienic science.

Yet various facts go to prove that whether used verbally or in printed matter, the phrase "sewer-gas" is frequently employed loosely and generally by folks who have no clear idea of what the thing itself is.

The term "sewer-gas" is, as was truly remarked by an eminent American sanitarian, "an unfortunate one, and gives rise to a quite widespread but very erroneous idea. Many seem to suppose 'sewer-gas' to be a distinct gaseous substance; which is possessed of marked distinguishing characteristics; which fills the ordinary sewers and connecting drains, and which, as a tangible something, finds its way through any opening made by chance or intention, and then, and then only, mixes with the atmospheric air."

Sewer-gas, however, may be defined as a mechanical mixture of a number of well-known gases, having their origin in the decomposition of animal or vegetable matter, with atmospheric air. This mixture is continually varying, according to the more or less advanced stage of putrefaction of the foul matter, which forms a sediment and a slimy coating of the inner surfaces in drains and pipes. It is also variable with the character of this sediment or deposit, and with the physical conditions (moisture, heat, &c.) under which the decomposition takes place.

The principal gases found in sewers and drains are oxygen, nitrogen, carbonic dioxide, carbonic oxide, ammonia, carbonate of ammonia, sulphur of ammonia, sulphuretted hydrogen, and marsh gas.

The three first named gases are main constituents of the atmosphere surrounding the globe, and are found present in the following *average* proportions, viz:—

In 100 volumes of air, about 20 volumes of oxygen, about 80 volumes of nitrogen. There are, moreover, from 2 to 5 volumes of carbonic dioxide in 10,000 volumes of air.

According to R. Angus Smith, the amount of oxygen is:—

In the average, 20·96 volumes in 100 volumes of air.

In pure mountain air, 20·98 volumes in 100 volumes of air.

At the sea-shore, 20·999 volumes in 100 volumes of air.

In streets of populous cities, 20·87 to 20·90 volumes in 100 volumes of air.

The air in sewers and drains contains much less oxygen, as some of it combines with the carbon of putrefying organic matter, forming carbonic dioxide. The amount of nitrogen in the air of sewers is a little different from that in the atmosphere which we breathe; but the amount of carbonic oxide present is greatly increased.

The lowest amount of oxygen in sewer air is recorded to be 17·4 volumes in 100 volumes of air; the amount of carbonic dioxide is on the *average* 2·3 volumes in 100 volumes. Sulphuretted hydrogen varies greatly, but the quantity is generally so small as not to be easily determined. It is still more difficult to find out by chemical analysis the proportions of other gases of decay.

NOVEL METHOD OF LAYING FLOORS.

A CURIOUS method of laying down floors has lately been adopted in France, and has obtained a wide application. It consists in putting down flooring, not as hitherto on sleepers, but in embodying the boarding in asphalt.

The new floors are used mostly for ground storys of barracks and hospitals, as well as for churches and courts of law. Very little is known of the method outside France, and as its usefulness is evident it should have a wider application; therefore we append the following description:—

For the floors in question, pieces of oak, usually 2½ to 4 inches broad, 12 to 30 inches long, and 1 inch thick, are pressed down into a layer of hot asphalt, not quite half an inch thick, in the well-known herring-bone pattern.

To ensure a complete adhesion of the wood to the asphalt and obtain the smallest possible joints, the edges of the pieces of wood are planed down, bevelling toward the bottom, so that their cross-section becomes wedge-like. Nails, of course, are not necessary, and a perfectly level surface may be given to the flooring by planing after the laying down. The advantages of this flooring, which only requires an even bed on which to rest, are said to be the following:—

1. Dampness from below, and its consequences, rot, is hereby prevented. 2. Floors may be cleaned quickly and with the least amount of water, ensuring rapid drying. 3. Vermin cannot accumulate in the joints. 4. Unhealthy exhalations from the soil cannot penetrate into living-rooms. Asphalt being impermeable to damp, rooms become perfectly healthy, even if they are not vaulted underneath. In buildings with several storys, as in hospitals, the vitiated air of the lower rooms cannot ascend, an object which it has hitherto not been possible to attain by any other means known. 5. The layer of asphalt will also prevent the spreading of fire from one floor to another in case of conflagration.

The flooring here described has been laid in the numerous casements of the forts around Metz, to the satisfaction of the authorities. The cost is about 25 cents per square foot. The estimate, somewhat high, would be much lower in districts where oak and labour are cheaper, and the distance from places of construction less.

HEATING AND VENTILATION.

FIFTY years ago buildings were heated by stoves, and had no provision for change of air, beyond the leakage of doors and windows. It will be remarked in passing that the air in a room heated by stoves will remain for a short time surprisingly pure, because of the rapid transfer of the lower strata to the upper, by the currents induced by the hot surfaces of the stoves; but when it becomes uniformly bad, as it quickly does, its condition cannot be described in terms of refinement.

No public buildings are now constructed without some recognition of the importance of ventilation; but, as a rule, the recognition is scarcely more than in appearance, for although outlets are provided for the foul air, there is scarcely any means for the inflow of air that is pure. The fact seems to be constantly overlooked that while provisions for the passage of foul air are well enough in themselves, they are of little account without equal provisions for the inflow of fresh air. It is true that windows and doors afford inlets for air, but as the choice between pneumonia and neuralgia and the evils of foul

air are not worth discussing, all such sources of air supply should be dismissed from consideration.

There is much difference of opinion concerning the temperature that the air of rooms should have, in order to be most conducive to the health and comfort of the occupants, and the ideas of different nations present curious phases. Curtis tells us that the Chilians, with a climate similar to that of Washington, think that fires in a house are unhealthful, and that they wear their wraps indoors as well as out, and although coal is cheap and wood abundant, sit in their houses with noses blue and teeth chattering, and at fashionable gatherings women appear in evening dress with the thermometer between 40 degs. and 50 degs. He also states that the mortality from throat and lung complaints is immense. The Englishman, too, sits in his large parlour with a small grate, and considers himself comfortable with the thermometer in the fifties. The proper temperature for each individual is probably that at which he feels most comfortable, and this will be found to be about as follows: In audience chambers, where the occupants sit with their wraps on, 65 degs. is suitable; in schools, 69 degs. to 70 degs. will be necessary; and 70 degs. to 72 degs. will be better for parlours in private houses, especially if there are elderly persons in the family.

Authorities differ concerning the quantity of air that is necessary for good ventilation. The lowest estimate is ten cubic feet per minute for each person, this being based on the supposition that each person receives perfectly pure air at each inhalation, and that the air he exhales is removed from the room at once. This state of things is realized out of doors in a stiff breeze, but within doors it is not practicable. Sixty cubic feet a minute for each person is none too much for health and comfort in schoolrooms and other places of public gathering, and a much greater supply should be provided in the sick-room and the hospital; and forty feet for each person each minute should certainly be provided. This means 1,200 cubic feet a minute in a class-room of thirty; 2,000 cubic feet for a parlour containing fifty; 4,000 for a schoolroom of 100; 20,000 for a lecture-room or court-room of 500; 40,000 for an audience of 1,000; and, lastly, 100,000 cubic feet a minute for a larger audience of 2,500. This amount certainly ought to be provided to secure conditions fairly healthful and comfortable; yet how many buildings of the day are supplied with air in quantity like this, or anywhere approximating it?

If these figures appear startling to one who has not thought of them before, let him consider his own head encased for a minute in an air-tight box three feet six inches square (forty feet in capacity); after he had taken about a dozen full breaths, would he not deem it proper to have a fresh box at the end of that minute—especially if instead of having his box all alone he should be sharing his exhalations with his neighbours, and breathing back theirs in return?

TO PROTECT PLANTS FROM FROST.—A successful amateur in New Hampshire says she does not allow frost-bites to her plants so long as she has a two-gallon jug in the house and can get up hot water. She first coats the jug with layer after layer of paper to keep in the heat and also to modify it. Then, in severe nights, she places this jug on her centre table, and all around it the tender plants, and over all a sheet or waterproof cloak, supported by some sticks thrust into the pots. This method carries the plants safely through any kind of a cold night.

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Invalids and the Salvation Army.—If all that has been done in the name of religion were compared with what in some form or other most of us recognize as its guiding principles, there would often appear to be a lamentable discordance between the two. Excellent in itself, the element of spirituality has in many cases lost as much as it has gained from its alliance with human enthusiasm. The former abounds in mutual considerateness, the latter too often pushes forward the rough-and-ready methods of self-pretension, and seeks with them to carry all before it. This is true of deeper currents and of surface movements. It is true of many church methods, and it is true also of a great deal that is done by such bodies as the Salvation Army. However genuine, however useful the purpose of these organizations, it is not surprising that their *ad captandum* practices have been found at times to be a public nuisance. Any one accustomed to the noisy parades of the Salvationists, especially on Sunday, will understand that the lives of dwellers near open spaces or main thoroughfares are not, even on the day of rest, so quiet as they might choose. Even persons in good health may not always find the throb of drums and the strains of a brass band, with other accompaniments, conducive either to rest or devotion. Invalids, again, must often have felt themselves ill-used in being made by the mere circumstance of position a restless and unconsidered part of the audience at these musical manœuvres. In their interest a protest is occasionally necessary, and the members of the Army, it must be admitted, have shown themselves not unreasonable towards applications of this kind. As regards the question of permission or suppression of such performances, we do not know of any action which can be taken so long as the right of thoroughfares is respected unless it be inspired by a complaint on the part of adjacent householders. Where it is felt that the proceedings of these bands constitute a nuisance this power of complaint is available. In cases of sickness where it is necessary to obtain as far as possible quiet out of doors, the power of veto, which rests with the householder, may and should be freely used.—*Lancet.*

Norwegian Cod Fisheries.—The principal cod-fishing, which takes place in the district of Lofoten from middle of January to middle of April, finished with a result of 17,000,000 fish, 20,300 barrels of liver, 17,000 barrels of spawn, and 11,100 barrels of crude steam-rendered oil. The gross value of the catch is estimated at 1,554,500 dols. The returns of last year's catch were 26,000,000 fish, 32,700 barrels of liver, 33,600 barrels of spawn, and 13,800 barrels of crude steam-rendered oil. The gross value of the same was estimated to be 1,600,000 dols. In the year 1887 the fishing in Lofoten yielded 29,700,000 codfish; in 1886, 31,000,000; and in 1885, 26,600,000; this season's catch is thus the smallest for a number of years. The large deficiency is partly to be attributed to the roughness of the weather during the fishing season, and partly to scarcity of fish present on the fishing grounds. It was repeatedly stated by the inspectorate of Lofoten, as a reason for the poor catch, that when the weather permitted fishing the fish remained in deep sea and did not run upon the banks, on account of a low temperature

of the sea. This unusual phenomenon lasted during the whole season. The fish were this season of smaller size than last year; the fatness of the liver was, however, about the same, viz., from 250 to 350 fish per hectoliter of liver (hectoliter=2,838 bushels). At the end of the season the liver of the fish is always leaner than in the beginning. The prices paid for the fish were very high, and began with 20 kroners (kroner=26·8 cents) per 100 fish early in the season, and advanced to 30 kroners later on. The average gross profit for each fisherman is estimated at 51 dols., against 50 dols. in 1888. The profit for the fishermen was, however, most unevenly divided, on account of the catch being good at some places while very poor at others. Many of the fishermen had thus to return to their homes without profit at all. The number of fishermen that participated in the catch is stated to have been 30,080. The highest number of boats present was 7,043, and of vessels buying fish, 644. The returns of the catches taking place in the adjoining districts have not yet been issued. They are, however, all of less importance, as the fishing in those districts was constantly interrupted by stormy weather. In the southern fishing district of Sondmore this season's catch was successful. The returns thereof were 5,000,000 fish, 13,000 barrels of liver, 9,400 barrels of spawn, and 3,900 barrels of crude steam-rendered oil. In the neighbouring district of Romsdal the fishing yielded 2,000,000 codfish. In the Finmarken district, where the fishing has begun anew, the yield to date has been about 4,000,000. The latter district is, next to Lofoten, the most important; but the fishing there is also more treacherous than in any other district, and therefore not to be relied upon. The actual prospects for a continuance of the fishing in Finmarken are good.

A Perilous Errand.—2 a.m. Police officer (to man in chemist's doorway): "Here, what are you doing in this doorway? You must move on." Night customer: "Sh! I was only waiting for you. I am going to rouse up the night drug clerk, and I want protection."

Cork-making.—The best cork bark comes from Catalonia, and some parts of Portugal. The Andalusian and African cork is, generally speaking, inferior in quality. Portugal alone produces probably one-half or two-thirds of the cork of the world. In Europe, the manufacture of corks is carried on very extensively in Catalonia, Portugal, France, Germany, Russia, and England. In most of these places the manufactories are numerous and small. In some of the towns of Catalonia this business is followed almost exclusively, and nearly every private house in the town is a cork factory. Father, mother, and children, from eight years of age upwards, all follow the same trade, and as long as they can earn enough money to buy food food and clothing of the scantiest sort they are satisfied. In the United States the manufacture of corks is carried on almost exclusively by machinery The bark, after sorting, is steamed for a few minutes to prepare it for cutting. It is then cut off by circular knives into strips. These strips are then passed over to the "blocker," who operates a rapidly revolving, keen-edged, hollow punch, with a stationary rod in the inside. The strip is held on the rest, and the punch is then pushed up against it, removing a cylindrical cork, which is ejected from the punch by the stationary rod when the punch is pulled back again to its position at starting. This machine is operated quite rapidly, and a man readily cuts twenty thousand or thirty thousand per day.

IMPORTANT ANNOUNCEMENT.

A NEW VOLUME BEGAN WITH THE NUMBER FOR FRIDAY, OCTOBER 4th, 1889.

BONUSES TO SUBSCRIBERS TO "HEALTH."

Health, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the Publisher, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain Health from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following Free Gifts and Bonuses to all who subscribe to Health for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of Health, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of Health weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of Health so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of Health, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to Health, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with Health should be addressed directly to the Publisher, 2, Paternoster-square, London, E.C., and *not to the Editor*.

The Native Egyptian as a Subject for Surgical Operation.—The native Egyptian is an extremely good subject for surgical operation. Clot Bey, the founder of modern medicine in Egypt, has it that "it requires as much surgery to kill one Egyptian as seven Europeans. In the native hospitals, the man whose thigh has been amputated at two o'clock is sitting up and lively at six." Shock is almost entirely unknown, and dread of an impending operation quite an exception. In explanation may be noted the resignation inculcated by their religion; the very small proportion of meat in, and the total absence of alcohol from their diet; and in general their regular, abstemious, out-of-door life.

VACCINATION ON THE LEG.—A French practitioner, in the course of a large number of re-vaccinations, was struck with the fact that the operation was far more successful when performed on the leg than when the arm was selected. He has since availed himself of an opportunity of verifying his first impression, and last year, having to re-vaccinate 177 school children, he chose the left leg in 99, and the left arm in 78, and carefully compared the results obtained, dividing them into three groups according as the eruption was typical, doubtful, or absent. Of the 99 cases vaccinated on the leg, 23 were typical, 31 doubtful, and 45 unsuccessful, being equivalent to a percentage of 23·2 and 31·3, respectively. Of the 78 children vaccinated on the arm, the numbers were 11 typical, 25 doubtful, and 42 failures, equal to 14·1 and 32 per cent., respectively. The percentage of failures was 45·45 on the leg, as compared with 53·83 on the arm.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

LETTERS TO THE EDITOR.

A RESTLESS NIGHT AND VENTILATION.

SIR,—An easier method of obtaining ventilationon Dr. Hinckes Bird's principle (described in your article in HEALTH for December 6th) than by using a movable bar, may be arranged as follows. This plan has the further advantage of being capable of some regulation:—

As a general rule the beading inside the lower sill of a window is very shallow, so that the moment the sash is raised at all an opening appears, with, of course, a horizontal draught. To prevent this it is simply necessary to have another beading, of an inch and a half or two inches in depth, nailed upon the existing beading. This slight addition will enable the lower sash to be raised a couple of inches or so without involving any opening at the lower part, but with the effect of causing an opening between the two sashes, through which an upward current of air will come into the room. Practically, the result is the same as on Dr. Bird's plan, described in your article, while the trouble of moving a wooden bar in and out every time is avoided; and the opening between the two sashes may be lessened if desired, instead of being an aperture of a fixed size.

It is a pity that the lower sash of every window is not made with a deeper sill, and with higher beading inside. From personal experience I know the advantage of the arrangement suggested herewith.—I am, yours truly, E.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

B. DUNN.—Not the least fear of cancer in such a case. We advise you to look to your teeth, and use Bunter's Puriline Tooth Paste and Tooth Wash night and morning, and now and then allow one of Burroughs & Wellcome's Chlorate of Potash Tabloids to dissolve in your mouth. These measures will probably cure you. Give up smoking for a time.

W. C.—Use a Chloride of Ammonium Inhaler (Burroughs') regularly morning and night, and this will cure your nose-trouble and restore a healthy tone to the parts.

SANS PEUR.—We do not think there is any connection between the fever and your present symptoms. More likely you suffer from ordinary rheumatic pains. Rub into the leg regularly, night and morning, Stern's Pumiline Liniment, and internally at bedtime try twenty grains bromide of potash. Sit and rest with your feet elevated.

MISS G.—Send us stamped addressed envelope, and we will give you the information you ask for. It is more than probable that change of air to the seaside might do you much good, along with hot salt water baths.

MAUD MULLER.—See advice given to "A. S. D. (Bradford)" in HEALTH No. 348 regarding food, &c.; and in addition take milk freely, which has been peptonized with Fairchild's Powders. Rest after your meals rigidly. For the asthma, you might try Himrod's Cure (to be had of any druggist), and clothe warmly in Forsyth's Hygienic Woollen Garments (17, Renfield-street, Glasgow). You might make the experiment of taking a little good stout to dinner or supper; or if this did not agree with you, a little Vino Tinto might be taken, or a glass of Australian Burgundy. Write again, if we can be of further service.

CONSTANT READER [Will please in future use a more distinctive *nom-de-plume*, and refrain from marking his letter "immediate." Such a phrase has no meaning as applied to the replies given in this page, which are dealt with strictly in the order of their receipt].—Your mind and nervous fears are at the root of your symptoms. As far as we can judge from your letter, you are perfectly healthy, save for slight symptoms of digestive inaction. Follow the advice regarding the diet and the use of Cascara given to "C. Maxton" in HEALTH No. 348, and you will probably find your symptoms to disappear. For catarrh nothing, as a rule, equals the Chloride of Ammonium Inhaler you name; but you may prevent catarrh and save all risks of cold by taking a dessertspoonful of Möller's Cod Liver Oil after meals, thrice daily, and by wearing Forsyth's Hygienic Wool Clothing (17, Renfield-street, Glasgow).

H. CLIVE.—Rest after meals; take moderate out-door exercise, and especially on gentle ascents or slopes; and try Inman's Hypophosphites, a teaspoonful in a wineglass of water, thrice daily, after meals (see advertisement in our pages).

JAMES THOMSON.—The patient should avoid sugar and sweets and salt foods, and should drink freely of Vichy Water (as a beverage), avoiding alcohol. Constipation especially should be avoided by the use of diet and Cascara Cordial (see advice in No. 348 to "C. Maxton"), and when the symptoms are troublesome, twenty grains citrate of potash may be taken in a tumbler of water. A belladonna suppository placed in the bowel at night (any druggist will compound one for you and direct you as to its use) will relieve irritation.

AGNES.—Frequent articles on indigestion have appeared in our pages, and we hope to treat this subject fully in the course of 1890, in a series of illustrated papers. The general treatment of dyspepsia was indicated in advice given to "A. S. D. (Bradford)" in HEALTH No. 348. There is no popular manual of the disorder.

SWITZERLAND.—1. There can be no harm in your trying the preparation named for some weeks longer. If at the end of that period you are not bettered, write to us again and restate your case, and we will advise you further. 2. Softening water will not remove organic impurities. You must see that the water is pure to start with. 3. No; the syrup you name is not adapted for your case. 4. One of Pulvermacher's appliances might do a case like yours much good. Let us hear in a few weeks' time the result of your further trial of the remedy first named.

STELLA.—1. Yes. 2. Not quite enough fat. 3. Certainly not; liver troubles are among the first to make themselves felt.

JOB II.—What you suffered from after the fever was an inflamed gland in your neck—a common enough result of the fever. It has healed, you say, and we may assure you that you need not fear at all any of the consequences you name. The other glands of your neck are probably a little enlarged, and we advise you during the winter to take cod liver oil, to which your druggist should add syrup of the iodide of iron. This will tone you up; and occasionally you may paint the glands, night and morning, with tincture of iodine, ceasing to do so when the skin becomes tender. In summer, go to the seaside (east coast), and take a long holiday with judicious sea-bathing.

MARRIAGE.—Go to a sensible doctor and state your case freely, and he will assist you. Send us stamped addressed envelope (see Rule 4 to Correspondents), and we will forward you address of a medical man. A very slight operation may be necessary; but in any case you must see a medical man.

OLIVE.—We cannot advise you until you send us particulars regarding your diet, work, and general habits. If you will write again, with these particulars (and restate your case, as we do not preserve correspondence), we will be glad to assist you.

RAY.—1. Probably some slight inflammation. Apply Vinolia to the part, night and morning, as an ointment. 2. See advice given to "Hershay" in last week's HEALTH.

SCOTIA A.—You might try the effect of taking one five-grain tabloid of antipyrin every four hours, when your symptoms trouble you. Procure Burroughs & Wellcome's Tabloids, which contain five grains each, and let us hear if this remedy does you good.

B. C. GRAY.—For cold in your chest, use Stern's Pumiline Extract, a few drops being added to boiling water for an inhalation (do not expose yourself to cold just after inhaling), and rub Stern's Liniment on your chest, covering the part afterwards with absorbent cotton or flannel. Internally take Scott's Pure Cod Oil Emulsion after your meals, thice daily.

EDWARD M. B.—1. See advice regarding Stern's Pumiline for colds given to "B. C. Gray" above. 2. The Zander Machines are now the property of the Medical Battery Co., 52, Oxford-street, W. 3. Yes.

DOUGLAS.—Use the following hair restorative aud tonic: Bay rum, two drachms; glycerine, two drachms; tinct. cantharides, one drachm; tinct. capsicum, one drachm; quinine, ten grains; water, four ounces. Mix. Keep the hair short, use a soft brush only, avoid hard combs, and wash once a week with Bayley's Spermaceti Soap and tepid water. If not cured, write again.

J. O. B.—We do not understand what you mean by a "a busy growth" of hair; but if you desire a hair stimulant, use that above recommended to "Douglas."

B. CATHILL.—Use the Soden Mineral Pastilles for your voice-trouble, and you will find them of much value in curing hoarseness.

C. PARKER.—The child is suffering from the effects of improper feeding. Give it milk with Mellin's Food only. This food is not farinaceous, while that you have been giving it contains starch, which is hurtful to a child under the age of eight months.

ALABASTER.—1. Use Stern's Pumiline Essence in an inhaler for your chest-affection, at night especially; and try Stern's Pumiline Jujubes for your throat. 2. Fry's Cocoa will suit you admirably.

E. G. SIMSON.—Woodward's Gripe Water is the remedy you should use for the infant. Give up the powders in use; they contain an opiate.

S. A. M.—To remove ink-stains from linen, wet the finger in water, then dip into a powder consisting of one part of finely powdered oxalic acid mixed with four parts cream tartar, and rub it on the spot gently, keeping it rather moist, and the stain will disappear without injuring the fabric. After the stain disappears wash the linen in pure water.

G. SIMPSON.—Take twenty drops of Cascara Cordial in water once or twice daily between meals for a few days. This will relieve your symptoms, and correct constipation, from which piles usually arise. You should thereafter attend strictly to your diet, which should be very light (soups, milk, white boiled fish, poached eggs, milk-puddings, stewed fruits, Polson's corn-flour, &c., and little solid flesh-meat), but nutritious.

KATE.—To make hair-wash powder, take powdered borax, one pound; camphor, one drachm; oil of bergamot, twenty drops. Mix these ingredients thoroughly.

B. G. M.—Give the following hair-lotion a fair trial, it acts successfully in cases such as that you describe:—Aromatic acetic acid, one ounce; vinegar of cantharides, two ounces; spirits of rosemary, three drachms; glycerine, one ounce; rose water, to make up eight ounces. Mix. Label: "The Hair-Wash—rub a little into the roots each night, either pure or diluted with water."

FAVOURITE.—Take absolute rest before and at the periods named. In addition, try the effect of giving one Antipyrin Tabloid (five grains each) every two hours until four tabloids have been taken, when the pains are severe, repeating these doses next day if necessary. The tabloids are to be had from druggists, and are made by Messrs. Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C.

NEOTS.—Apply a little black wash on cotton wool to the parts, keeping the cotton wool always moist. Internally, take a dose of Lamplough's Pyretic Saline occasionally.

TOMBOY.—Give the following: Tincture of colchicum, a drachm and a half; carbonate of magnesia, two drachms; water, to make up six ounces. A tablespoonful to be given every three hours.

C. G. R.—Use Stern's Pumiline Liniment, and apply as directed to the parts thrice daily. Internally, take twenty grains of bromide of potash at night in a little water. Clothe warmly in Forsyth's Hygienic Clothing (17, Renfield-street, Glasgow).

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GEORGE MARR.—Try Pavesi's Liniment, which is composed of camphorated chloral, two and a half parts; pure glycerine, sixteen and a half parts; and oil of sweet almonds, ten parts. This is to be well mixed, and preserved in a well-stoppered bottle. The method of using it is as follows:—A pledget of very soft cotton is soaked in the liniment, and then introduced as far as possible into the affected ear, two applications being made daily. Frictions behind the ear with the same liniment are to be made once a day.

P. S. E.—Try the following: Carbonate of bismuth, ten grains; wood charcoal, ten grains; bicarbonate of soda, five grains. Mix. One such powder to be taken thrice daily, half an hour before meals.

Tired Brain

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A brain food. It increases the capacity for mental labour, and acts as a general tonic. It rests the tired brain, and imparts thereto new life and energy.

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ALEX. F. — Take the following pill: Extract of aloes, eighteen grains; sulphate of quinine, twelve grains; pil. hydrargyri, six grains; extract of rhubarb, eighteen grains. Mix, and make into twelve pills; one to be taken daily about midday.

SENRAC.—A lotion for blackheads is made by mixing three drachms of sulphur, four drachms of glycerine, and four ounces of rectified spirits. This should be rubbed into the skin at night.

TOP.—Take Cascara Cordial in doses of twenty drops in water, between meals, once or twice daily. Eat Dahl's Cakes, Grant's Oat Flour, stewed fruits, vegetables, and whole-meal bread, and avoid tea and coffee.

MILL HAND.—Try a Pulvermacher's Belt; and after meals take Inman's Hypophosphites in a teaspoonful dose in water, twice daily, after meals.

S. A.—The following is an iron and quinine mixture, which should be used: Sulphate of quinine, eight grains; sulphate of iron, sixteen grains; dilute sulphuric acid, eight minims; water, to eight ounces. A tablespoonful thrice daily.

FROME.—Take Scott's Oat Flour regularly, and eat whole-meal bread as a diet-cure for constipation, which may also be aided by your taking twenty drops Cascara Cordial once or twice daily in water between your meals.

AGAG.—For stimulating hair-growth try the following: Liquor ammonia (strong), chloroform, and oil of jasmin, of each, half an ounce; castor oil, half a drachm; spirits of rosemary, to make up four ounces. Keep in a stoppered bottle, and label: "A little to be cautiously rubbed into the hair each morning." Use also, at night, a little of an ointment composed of lanolin, two drachms; and oil of jasmin, half a drachm. The use of the ointment at night will prepare the hair-roots for the action of the lotion in the morning.

TOM.—Bunter's Puriline Mouth Wash should be used night and morning by you as a mouth wash, and the Tooth Polish for the teeth.

STENTON.—Let the patient wash the parts affected night and morning with Bayley's Spermaceti Soap and tepid water; a little ointment (composed of one part iodoform added to ten parts benzoated lard) to be rubbed on the affected spots after washing, once daily.

DAISY. — Take twenty drops Cascara Cordial in water, once daily, an hour before breakfast, as a corrective to constipation; look to your food; avoid tea and coffee, and take Scott's Oat Flour in place thereof as a corrective to constipation; eat stewed fruits, and take light diet for a time.

RESTON. — Try the following: Bicarbonate of soda, one drachm; tincture of calumba, six drachms; dill. water, to six ounces. Mix. A tablespoonful to be taken every three hours. Avoid all acids, fruits, sugar, pastry, &c.

F. F. A.—Take, after your meals, thrice daily, a dessertspoonful of Scott's Pure Cod Oil Emulsion. If you feel chilly in your morning bath, take it tepid, and gradually try it cold as the warm weather comes in. Between your meals you might try a teaspoonful of Inman's Syrup of the Hypophosphites (see advertisement in our pages), as this will not interfere with the cod liver oil after meals. If not cured, write again.

TOPHAM.—Use the Pommade Tricophile of the French Hygienic Society, 6, Conduit-street, Regent-street, London, W. Wash the hair once a week with Bayley's Spermaceti Soap.

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IMPORTANT LETTER FROM THE REV. WM. JOHN EDGE.

"Upper Tooting, S.W., May 25th, 1889.

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"(Rev.) WILLIAM JOHN EDGE,
"Late Vicar of Holy Trinity, Upper Tooting, S.W.

"To the Medical Battery Co. (Limited), 52, Oxford-street, London, W."

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